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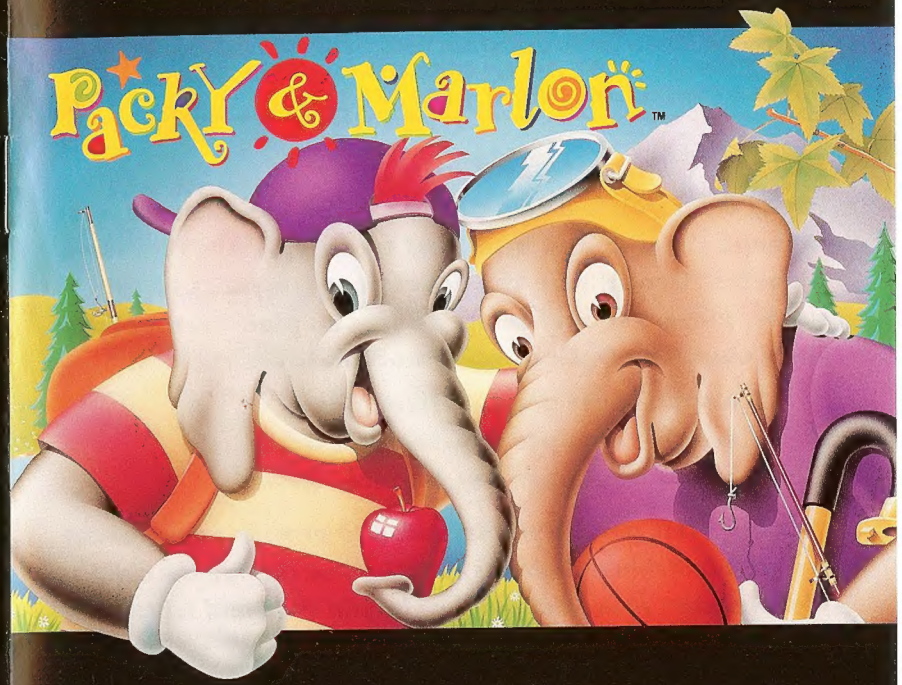

INSTRUCTION BOOKLET

KIDS TO ADULTS
K-A™
AGES 6+

SUPER NINTENDO
ENTERTAINMENT SYSTEM

WARNING: PLEASE READ THE ENCLOSED CONSUMER INFORMATION AND PRECAUTIONS BOOKLET CAREFULLY BEFORE USING YOUR NINTENDO® HARDWARE SYSTEM OR GAME PAK.

THIS PRODUCT HAS BEEN RATED BY THE ENTERTAINMENT SOFTWARE RATING BOARD. FOR INFORMATION ABOUT THE ESRB RATING, OR TO COMMENT ABOUT THE APPROPRIATENESS OF THE RATING, PLEASE CONTACT THE ESRB AT 1-800-771-3772.

Notice to Parents and Educators:

Packy & Marlon is a role-playing game in which players manage the diet and insulin of two elephants who have diabetes. To optimize the educational benefits of this game, players should select an insulin plan that matches their own. The Options screen offers these choices:

- **2 insulin shots per day, fixed dose**
- **2 insulin shots per day, variable dose**
- **4 insulin shots per day, variable dose**

Warning: This game is not intended to provide advice about a child's individual diabetes care. Do not change the child's diabetes care plan, diet plan, or insulin dose and schedule without a doctor's supervision.

Congratulations! You now own Packy & Marlon for the Super Nintendo Entertainment System — the latest game in our Health Hero series! To enjoy your game the most, we suggest you read this booklet carefully and follow its instructions and suggestions before you begin your diabetes adventure.

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Packy & Marlon™

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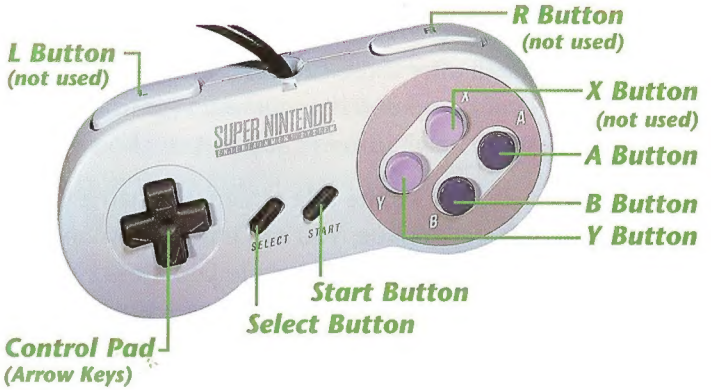
Two Wacky Pals Hit Camp

Camp Wa-kee is the hottest diabetes summer camp ever. Now Packy and Marlon, two longtime buddies, are heading out to camp for summer fun. When they arrive, however, there's no sign of the usual activities. No games. No sports. No nothing!

Upon further exploration, Packy and Marlon discover that bands of pesky rats and mice have attacked the camp and scattered food and diabetes supplies all over the campground. Left without food and supplies there's only one thing the two pachyderms can do. Packy and Marlon must find the food and diabetes supplies before things get even worse!

To succeed, they must carefully manage their diabetes, find all the supplies, and defend themselves by blasting water or peanuts whenever the malicious rodents attack.

Pachyderm Action Plan



⬅ ..... Walk or swim left
➡ ..... Walk or swim right
⬆ ..... Climb or swim up
⬇ ..... Duck, climb, or swim down

A Button ..... Measure blood glucose or take insulin
B Button ..... Jump
B + Arrow Key Glide
Y Button ..... Shoot water blasts or peanuts

Start Button .. Start, continue, or pause the game
Select Button* Pull up the Food Chart or Logbook
*(*The Select Button pulls up the Food Chart. When the Food Chart is up, press the Select Button again to pull up the Logbook.)*

Getting Started

Insert your Packy & Marlon game pak into the Super Nintendo Entertainment System and turn the power on. The title screen will offer three choices: Start, Continue, and Options. Use the up and down arrow keys to change lines and press the Start button to select your choice.

If you select Start on the title screen, the game will begin. If you select Continue, you can enter a password allowing you to continue playing where you ended last time. If you select Options, you can choose a variety of game formats:

- ***Music and sound effects: on or off.***
- ***Language: English, Spanish, or French.***
- ***Number of players: one or two. In a two-player game, Packy and Marlon team up to save the camp.***
- ***Insulin plan: two or four insulin shots per day, fixed or variable dose.***

How to Play

Packy and Marlon's adventure to save Camp Wa-kee from vicious varmints will take four game days. Each day takes you through Packy and Marlon's meal plan: breakfast, morning snack, lunch, afternoon snack, dinner, and bedtime snack. It's up to you to check their blood glucose (BG), give them insulin, review their meal plan, and select foods for them to eat.

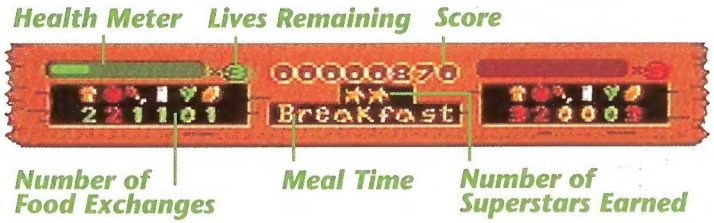
In each level of the game, collect the foods that fit into Packy and Marlon's meal plan. You may collect foods that are not on the meal plan as long as they are in the same food group. So, if your meal plan includes an apple, you may eat a different fruit instead. In each level you must also find a diabetes supply that belongs in Packy and Marlon's diabetes care kit. And, at the end of each level you must find and defeat a boss, the toughest enemy around.

Questions

Packy and Marlon each start the game with three pachyderm lives. This gives each player three chances to win the game. The elephants run into friends who ask questions about diabetes. For each question you answer correctly, you earn points and receive a Superstar. An extra pachyderm life is awarded for three Superstars.

Information Bar

To win the game it is important that you closely monitor the Information Bar at the top of the screen. It tells you how well Packy and Marlon are doing. It indicates their health, number of lives remaining, the score, and number of Superstars earned. It also shows the meal or snack time and how many foods you have selected for Packy and Marlon to eat in each food group: bread, fruit, meat, milk, vegetable, and fat.



Pick-ups

Want to earn extra points? Or do you need a little something to boost Packy and Marlon's health? Don't pass by these super pick-ups:

- ***Glowing crystals, waving clovers, shimmering pearls, glimmering gems, sparkling snowflakes, and dancing daisies***
- ***Health flags***

Power-ups

When Packy and Marlon set out, their trunks are loaded with water. But they'll need even more help to fend off those pesky critters. To change Packy and Marlon's power blast, look for these power-ups:

- ***Peanut power***
- ***Super water power***
- ***Super peanut power***

Scoring

You can earn points when you:

- ***Keep Packy and Marlon's BG in the safe zone***
- ***Answer questions about diabetes correctly***
- ***Collect pick-ups and diabetes supplies***
- ***Defeat enemies***

You can get hurt when you:

- ***Manage Packy or Marlon's diabetes poorly***
- ***Run into obstacles like a spike, crab, or cactus***
- ***Are hit by pesky critters***

Passwords

Camp Wa-kee is divided into eight clusters, each containing three levels to play. Once you have finished a cluster, you will receive a password. When you restart the game, use your secret password to move on to the next cluster while skipping levels you have already mastered! Select Continue on the Options screen, use the arrow keys to highlight the first letter in your password, and press the "A" button to enter the letter. Continue to do this until you have entered the three letters in your password, press the Start button to return to the title screen, and press the Start button again to begin playing.

Managing Packy and Marlon's Diabetes

When Packy and Marlon arrive at camp, their blood glucose (BG) is in the safe zone. It is important to check BG frequently so you know how they're doing throughout the day. BG usually goes up after a meal. But remember, insulin makes it come down again.

There are three important things to watch closely when managing Packy and Marlon's diabetes: BG level, insulin, and food.

Blood Glucose (BG) Level

Before each meal, you must check Packy and Marlon's BG level. You earn points when the BG level is in the safe zone. The more times in a row that Packy and Marlon's BG stays in the safe zone, the bigger the bonus. Their BG is affected by what they eat and how much insulin they take. So make sure you manage their diabetes properly!

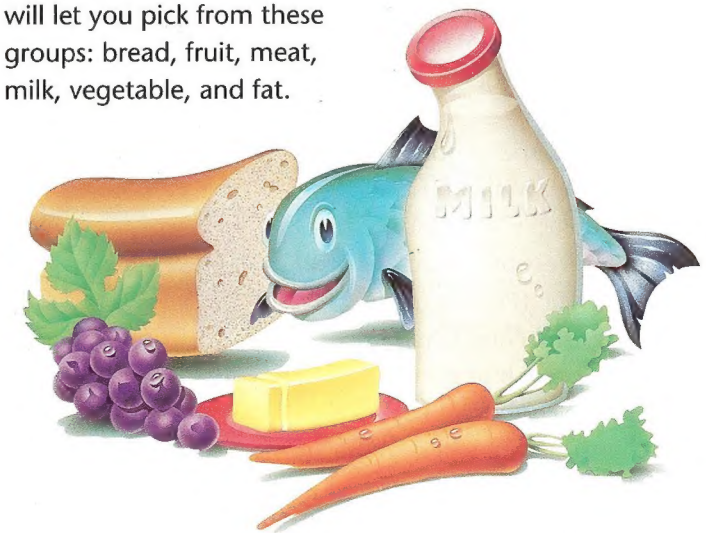
Insulin

You must give insulin to Packy and Marlon when they need it. Select an insulin plan on the Options screen before playing and the game will provide that plan for you to use throughout all levels of the game. For example, you can choose two or four shots of insulin per day, and a fixed or variable dose. If you select a variable dose, each time you take insulin you can choose a usual dose, less, or more.

Food

After checking BG and taking insulin, it's time for a meal or snack. Packy and Marlon's meal plan is posted on the camp information board, which appears right after checking BG and taking insulin. Find out what's in the meal plan, and select foods carefully.

Packy and Marlon's meal plan will let you pick from these groups: bread, fruit, meat, milk, vegetable, and fat.



Along your way, collect the right number of foods from each food group in the meal plan. Check the Information Bar often! It will tell you how many foods you have selected within each food group.

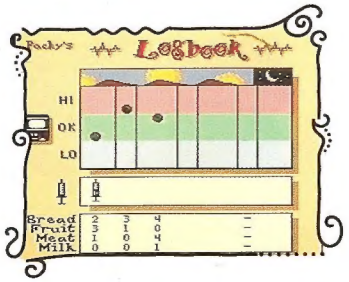
A **yellow** number means you can select more foods in that group. A **green** number means Packy or Marlon has eaten just the right amount of food. And a **red** number means you have selected too much!

If Packy or Marlon starts the level with BG in the safe zone, eating too little can cause their BG to go dangerously low (hypoglycemia). However, too many of certain foods can be just as troublesome, causing their BG to go too high (hyperglycemia).

To see the food group(s) for each food, you can pull up the Food Chart at any time by pressing the Select button.

Logbook

Look at the Logbook to find out how well you have managed Packy or Marlon's diabetes. Press the Select button twice. (Press it once to pull up the Food Chart, and then press it again to pull up the Logbook.) For the current day, it will show



a record of Packy or Marlon's BG levels, how much insulin was taken each time, and the food exchanges that were eaten from four food groups: bread, fruit, meat, and milk.

Remember: Packy and Marlon's adventures at Camp Wa-kee can teach you important things about diabetes. But this game cannot tell you how you should manage your own diabetes. Only your doctor can do that. Your diabetes educator or dietitian can help with your food plan.

Let Us Hear from You

Packy & Marlon is intended for young people who have diabetes and others who want to know more about it. The game can be played in homes, schools, recreational settings, hospital rooms, and clinics. Youngsters can play the game on their own and they can share it with friends and family members. The game can be a springboard for discussion, helping children and teens to share their thoughts, questions, and feelings about diabetes with others.

The staff at Raya Systems would like to know what you think. Please write us a note describing something about you, how you use the game, and how the game has affected you, your friends, and your family. Also, what do you like or dislike about the game and what else you would like to see in it? We look forward to hearing from you!

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Credits

Brought to you by Boehringer Mannheim Diagnostics

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